

COMPOSITION FOR IMPROVING CONSTIPATION

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Abstract of JP2000191524

PROBLEM TO BE SOLVED: To provide a constipation-improving composition enabling a comfortable defecation without accompanying a violent diarrhea. **SOLUTION:** This constipation-improving composition contains pantothenic acid and/or its alkali salt, *Bacillus bifidus*, edible fibers, and preferably further an ingredient having a laxative action as active ingredients. The edible fibers stabilizes the pantothenic acid and its calcium salt. Pantetheine, pantethine, and coenzyme A biologically synthesized from the pantothenic acid and its calcium salt carry out an action for stimulating the movements of intestinal tracts, and proliferate the *Bacillus bifidus*. Thereby, the composition can reasonably improve constipation, and enables a comfortable defecation without accompanying a violent diarrhea. The ingredient having a laxative action promotes a mild defecation and can regulate the functions of bowels for a long period.

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